

Meet Jay

**West Dean,
Lincolnshire**



Jay's History

Jay was referred to Achieve together six years ago after spending some time receiving help in a mental health hospital. Before moving to his new home at West Dean, Jay found it difficult to trust others and rarely spoke with people around him. At the time, Jay was also drinking alcohol and struggling with substance use, which affected his wellbeing and relationships.

First Steps

Jay was supported by a key worker who had known him from a young age, helping to create a sense of familiarity and safety. Regular one-to-one conversations were introduced, along with twice-weekly one-to-one activity hours. Jay and his key worker reviewed his care plan together gradually, taking one step at a time and focusing on how Jay wanted the team to support him.

Throughout this process, Jay was clear about what mattered to him. He shared that he wanted to give back locally and expressed, "I just want to be normal." Jay's goals were to become free from substances and alcohol, and to rebuild positive relationships with his mum and children.

The team spent time building a trusting relationship with Jay, making sure his support was consistent, respectful and led by him. Weekly catch-ups with the management team were also introduced, giving Jay the chance to get to know them, feel listened to and be reassured that everyone was working together to help him feel safe and supported.

Ongoing Support

Jay continues to make positive progress, supported by his own determination and consistent support from the team. He still receives weekly one-to-one support from his key worker and takes part in meaningful activities that help build his confidence, independence and involvement in the local area.

Jay is now accessing local support groups, which are helping him build positive connections and maintain his wellbeing. He is also free from alcohol and drugs, reflecting the significant progress he has made towards the goals that matter to him.

Open and honest communication continues between Jay, his support worker and his mum, helping to strengthen family relationships and create a joined-up approach to his support. Jay's relationship with his children has also improved significantly, and he has enjoyed spending quality time with them, including taking them go-karting. Jay is now also a very proud Grandad to a baby boy.

Support continues to focus on helping Jay build confidence, maintain positive relationships and increase his involvement in the local area at a pace that feels right for him.

Jay's Progress

Jay's confidence is growing day by day. He is now able to access a range of activities and environments, including sitting in busy or enclosed public places such as cafés, which would previously have felt overwhelming for him. These achievements show the progress Jay has made in managing his anxiety, trusting others and taking part in everyday experiences that are important to him.

Jay's thoughts

"I feel very proud of myself for what I've achieved, and I'm looking forward to my future. I love living at Achieve together; we're like a family."

Gemma's thoughts

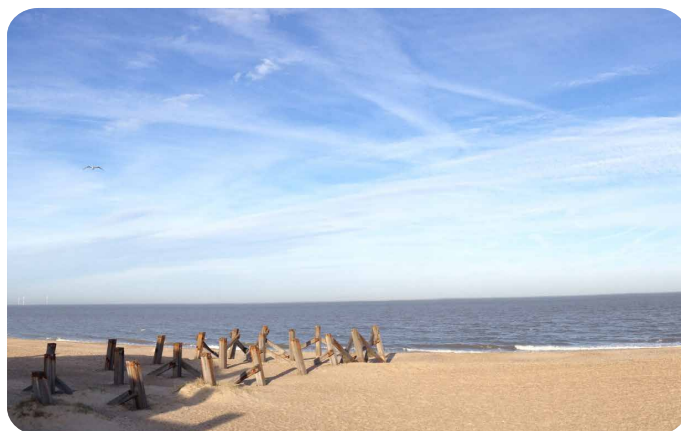
"I am incredibly proud of Jay and the progress he has made. He has shown real commitment, resilience, and determination, consistently making positive choices each day. Jay brings positivity to those around him and has achieved a significant amount over the past few months."

- Home Manager

Looking to the future

Jay has now started planning a holiday, something he shared he never imagined would be possible because of his anxiety. He would like to begin with a trip to Great Yarmouth and, if this goes well, hopes to travel further in the future. This is an important personal goal for Jay and reflects the confidence, trust and independence he continues to build.

Jay would also like to learn to swim, as he feels this is an important life skill. He has shared that he did not have the mentorship or opportunity to develop this skill during childhood, making this goal especially meaningful as he continues to build on new life experiences.



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teams and the people we support
about life at Achieve together.



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brave



Having
fun



Making
things
happen



Valuing
everyone